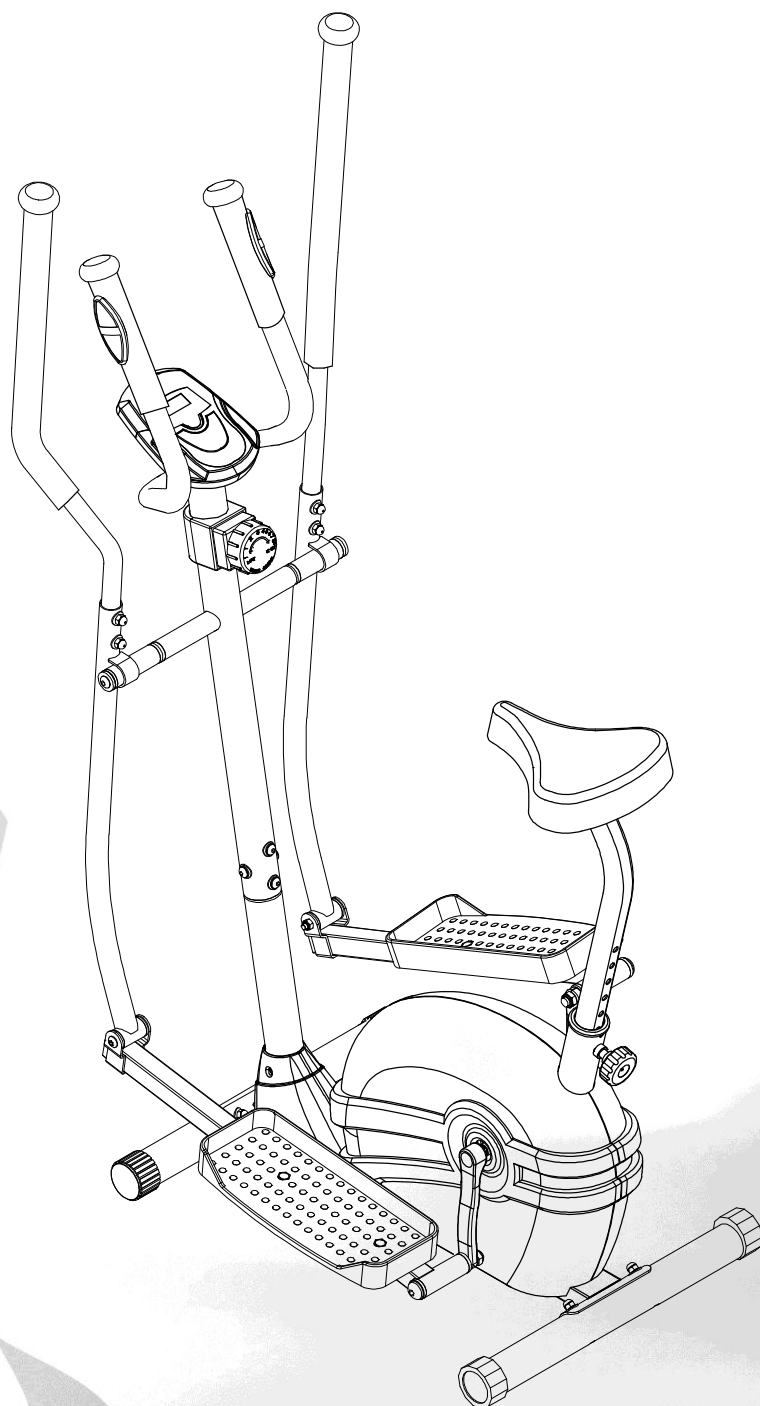


BE-6115 2 IN 1 MAGNETIC ELLIPTICAL & BIKE

BODY
SCULPTURE

SINCE 1965





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Important Safety Information

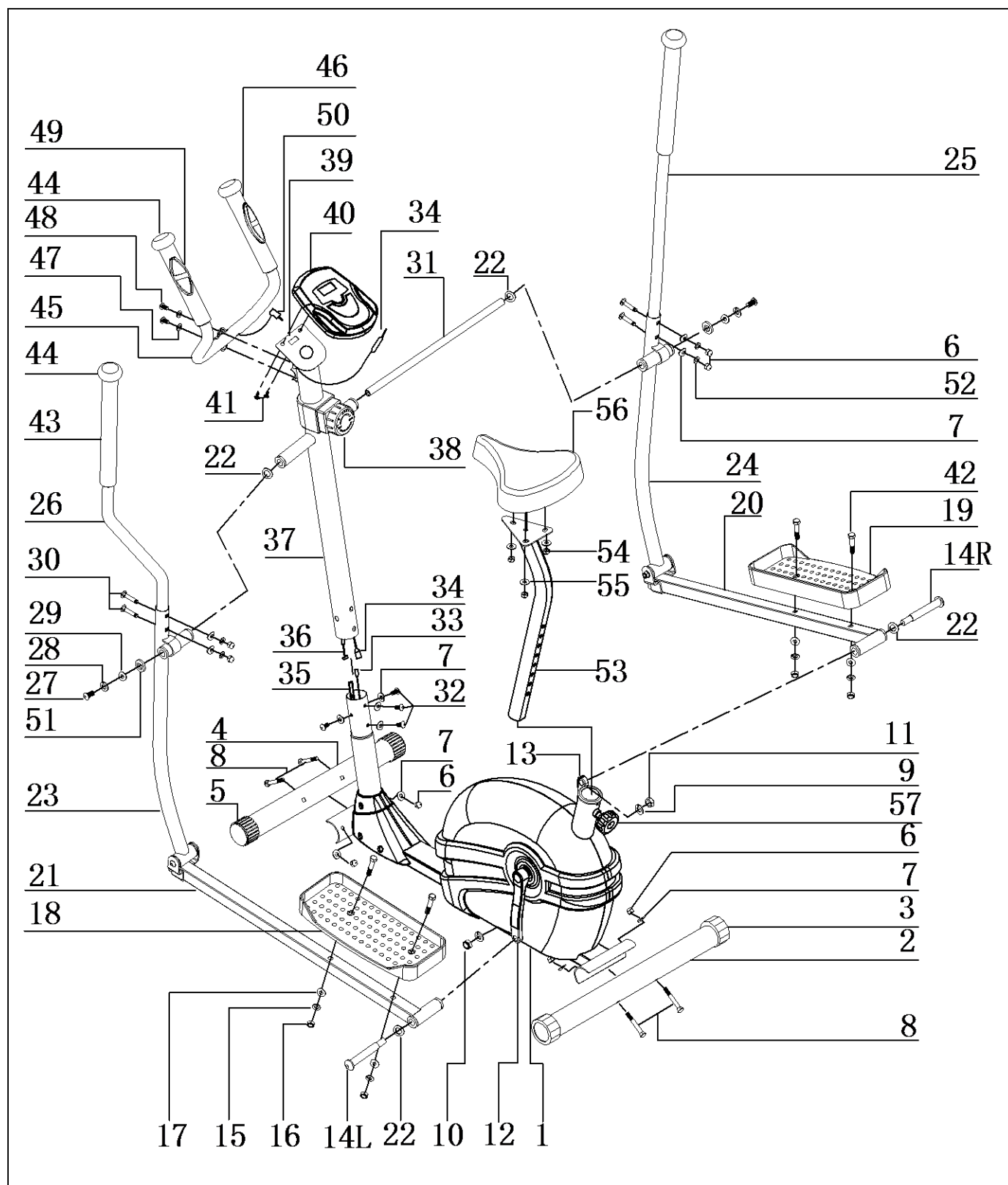
Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment.

Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

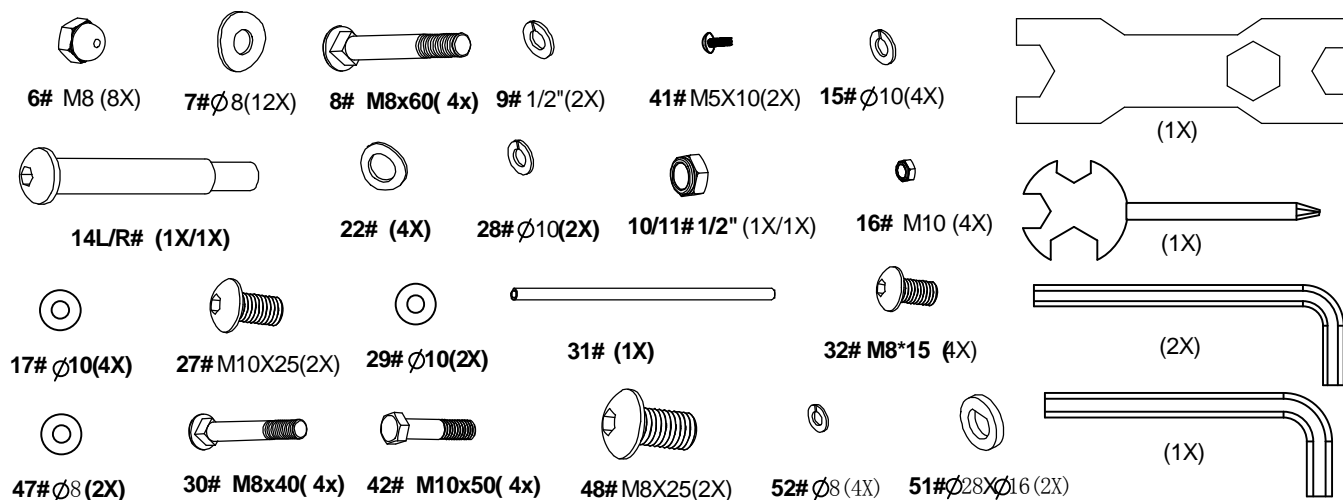
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Warning the equipment must be installed on a stable base and properly leveled floor. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 100kg. Braking ability is independent of speed.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary. Regular checking of the integrity of guards and safety devices.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.
14. If children are allowed to use the equipment their mental and physical development and above all their temperament should be taken in to account. They should be supervised and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a child's toy.
15. All moveable accessories (eg. pedal, handlebar, saddle....etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using bike after they return to good conditions.

EXPLODED-VIEW ASSEMBLY DRAWING



PARTS LIST

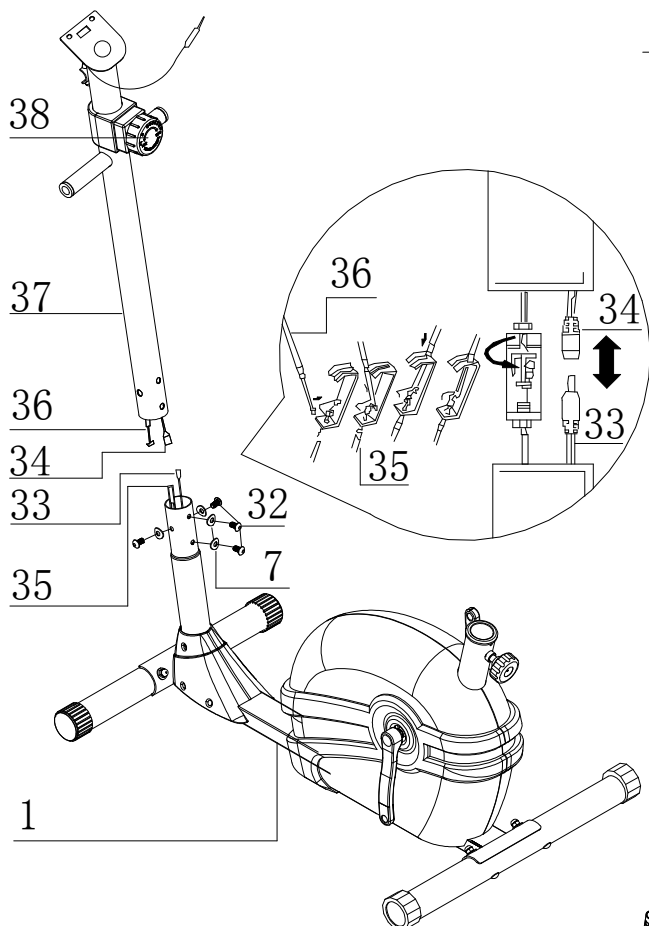
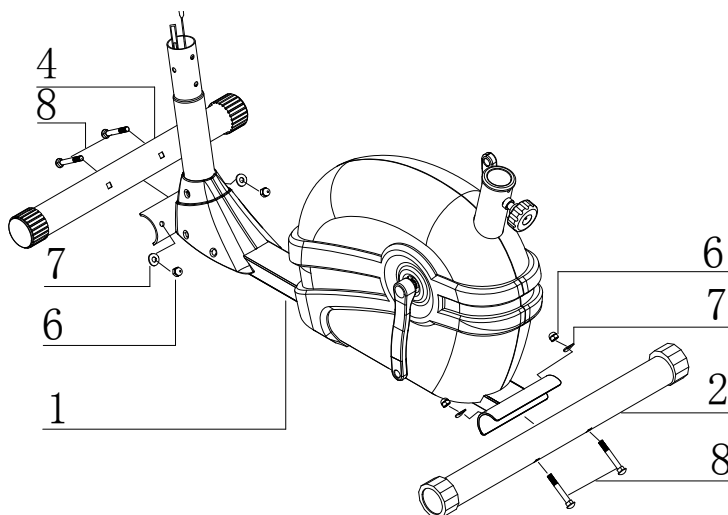
PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1.	Main Frame	1	30.	Carriage Bolt (M8 x 40)	4
2.	Rear Stabilizer	1	31.	Connecting Shaft	1
3.	Rear End Cap	2	32.	Bolt (M8 x15)	4
4.	Front Stabilizer	1	33.	Lower Wire	1
5.	Front End Cap	2	34.	Upper Wire	1
6.	Domed Nut (M8)	8	35.	Lower Cable	1
7.	Curved Washer (Ø8)	12	36.	Upper Cable	1
8.	Carriage Bolt (M8 x 60)	4	37.	Front post	1
9.	Spring Washer (1/2")	2	38.	Tension Knob	1
10.	Safety Nut (1/2")	1	39.	Computer Holder	1
11.	Safety Nut (1/2")	1	40.	Computer	1
12.	Crank (Left)	1	41.	Fix Screw	2
13.	Crank (right)	1	42.	Bolt (M10 x 50)	4
14R/L.	Pedal Hinge Bolt (R/L) (1/2")	1	43.	Foam Grip	2
15.	Spring Washer (Ø10)	4	44.	Handle bar end cap	4
16.	Nut (M10)	4	45.	Handle bar	1
17.	Washer (Ø10)	4	46.	Foam Grip	2
18.	Pedal (Left)	1	47.	Washer (Ø8)	2
19.	Pedal (Right)	1	48.	Hex head bolt (M8x25mm)	2
20.	Pedal tubing (Right)	1	49.	Handle pulse	2
21.	Pedal Tubing (Left)	1	50.	Handle pulse wire	1
22.	Wavy Washer (Ø26xØ17.8x0.3)	4	51.	D Washer (Ø 28X Ø16XT5.0)	2
23.	Left Handlebar	1	52.	Spring Washer (Ø8)	4
24.	Right Handlebar	1	53.	Seat Post	1
25.	Right Fixed Handlebar	1	54.	Nylon nut (M8)	3
26.	Left Fixed Handlebar	1	55.	Flat Washer (Ø 8)	3
27.	Allen key Bolt (M10 x 25)	2	56.	Seat	1
28.	Spring Washer (Ø10)	2	57.	Adjustment knob	1
29.	Washer (Ø10)	2			



ASSEMBLY INSTRUCTIONS

STEP 1

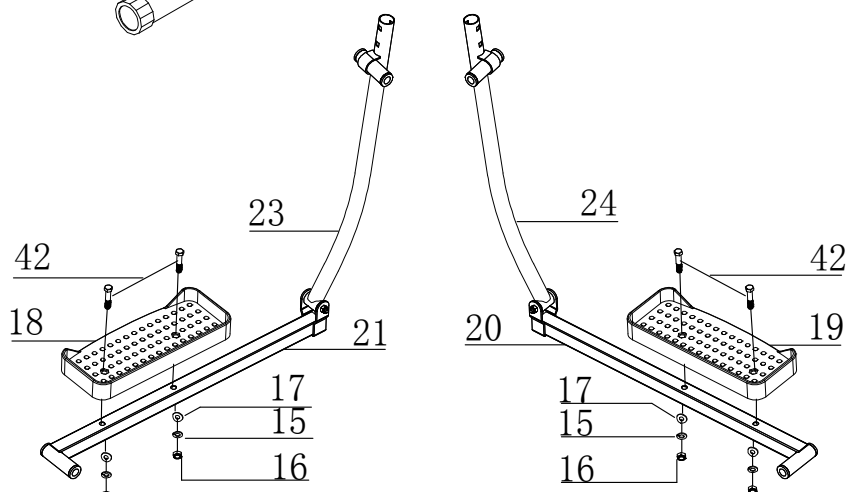
Attach the Rear and Front stabilizer (2 and 4) to the main frame (1) using four sets of M8 domed nuts (6), Ø8 Curved washers (7) and M8 X 60 Carriage bolts (8).



STEP 2

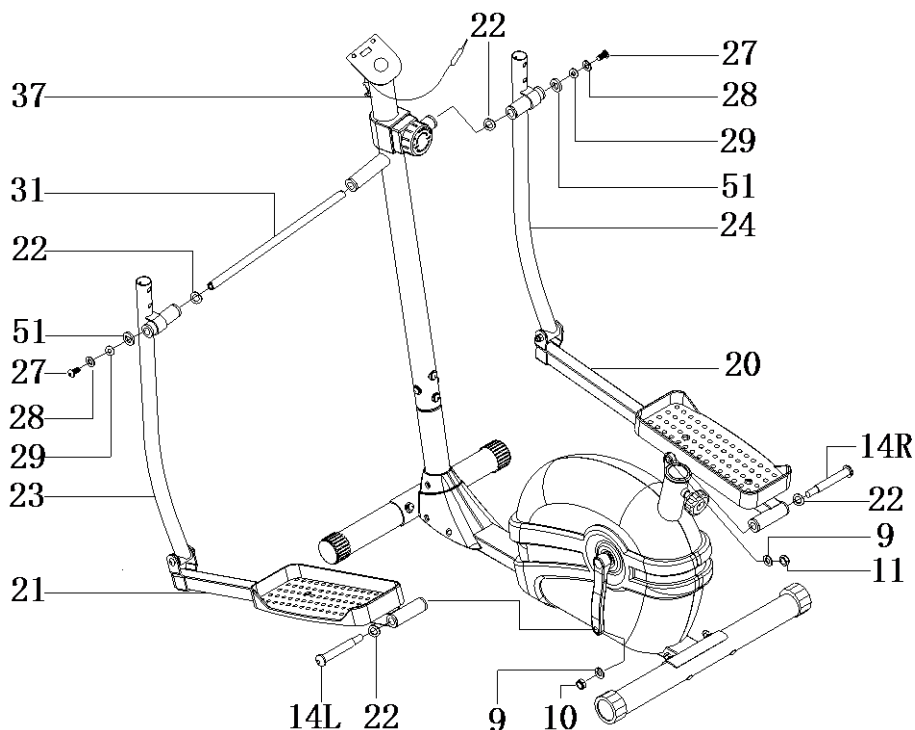
Take the Front Post (37), assemble to the Main Frame (1), first connect the Lower Wire (33) to the Upper Wire (34), and attach the Upper Cable (36) to the Lower Cable (35), (as shown as the figure).

Attach the Front Post (37) to the Main Frame (1) using four sets of Curved washers (Ø8) (7) and Carriage Bolts (M8 x15) (32). **Note: Before connecting the tension cables, please switch the tension knob to "8".**



STEP 3

Attach the left and right Pedal (19) & (18) to the Pedal Tubing (20) & (21), using four sets of M10*50 Bolts (42), Ø10 washers (17), Ø10 Spring Washers (15) and M10 Nuts (16).



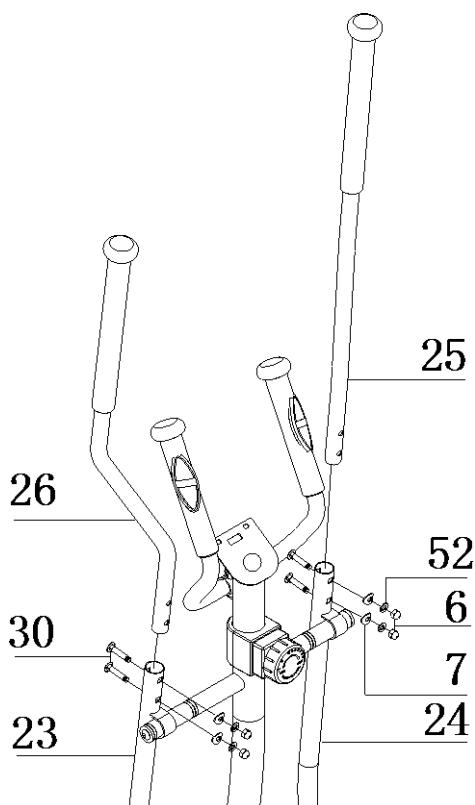
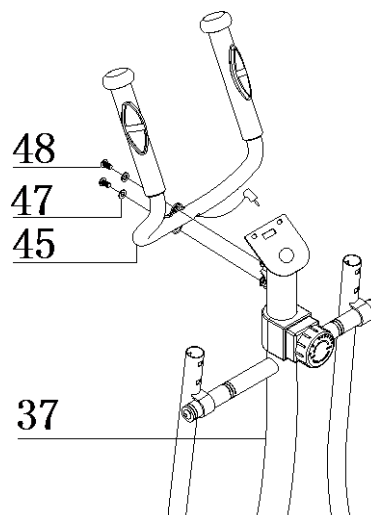
STEP 4

Fixing the left and right Handlebar (23&24) assembly to the Front Post (37) inset the connecting shaft (31) and then fit with Ø26xØ17.8 Wavy Washer (22), Ø 28X Ø16XT5.0 D Washer (51), Ø10 washer (29), Ø10 Spring washer (28) and M10x 25 Allen key Bolt (27).

Then connect the Pedal rube (L&R) (20&21) to the Crank using 1/2" Pedal hinge Bolt (14L and 14R), Ø26x Ø17.8 Wavy Washer (22), 1/2" Spring Washer (9), and 1/2" Safety Nut (10&11).

STEP 5

Fit the Front Handlebar (45) to the Front Post clamp as shown, fix with two sets of Ø8 washer (47) and M8 x 25 Hex Head Bolt (48).

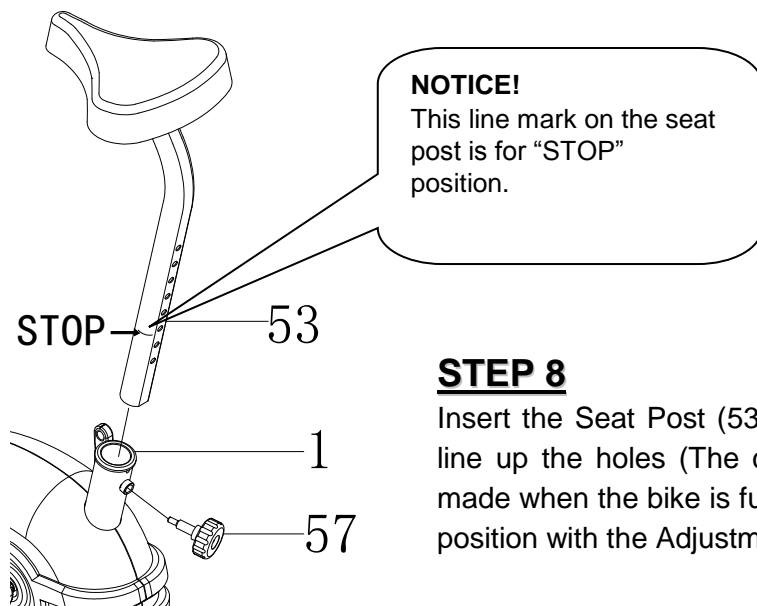
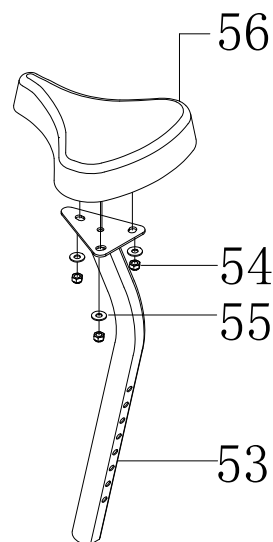


STEP 6

Slide the Right Fixed Handlebar (25) and Left Fixed Handlebar (26) into the Right Handlebar (24) and Left Handlebar (23), and then fix with four sets of M8x40 Carriage bolts (30), Ø8 Curved Washer (7), Ø8 Spring Washer (52), and M8 Domed Nut (6).

STEP 7

Fix the Seat (56) to the Seat post (53) by using three sets of Ø8 Flat washers (55) and M8 Nylon nuts (54) located under the seat.

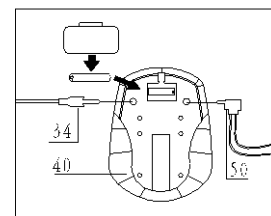
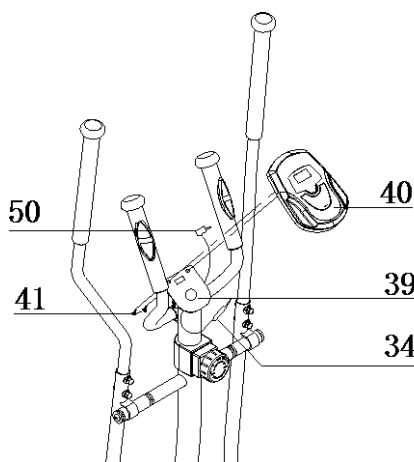


STEP 8

Insert the Seat Post (53) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (57).

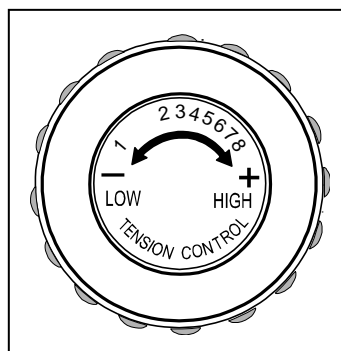
STEP 9

Slide the Computer (40) down to the Computer holder (39) situated at the top of Front post (37) and fix using two Fix screws (41). Plug the Upper Wire (34) and Handle pulse wire (50) into the back of the Computer (40) as shown as the figure.



TENSION CONTROL

Turn the tension knob by clockwise to increase the resistance. To decrease the resistance, turn the knob by anti-clockwise.

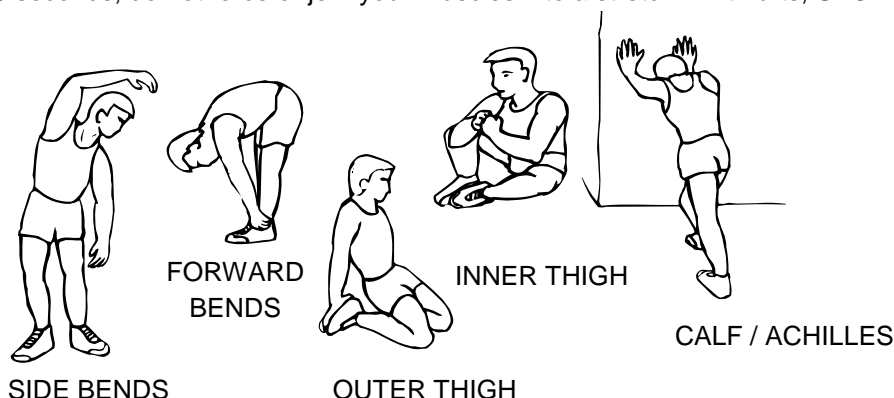


EXERCISE INSTRUCTIONS

Using your **MAGNETIC ELLIPTICAL STRIDER** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

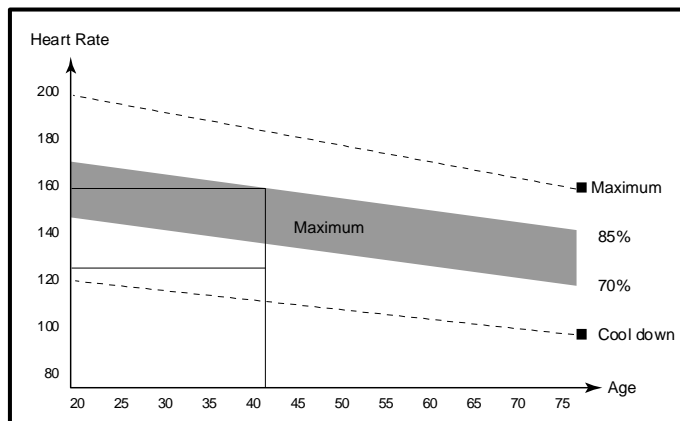
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

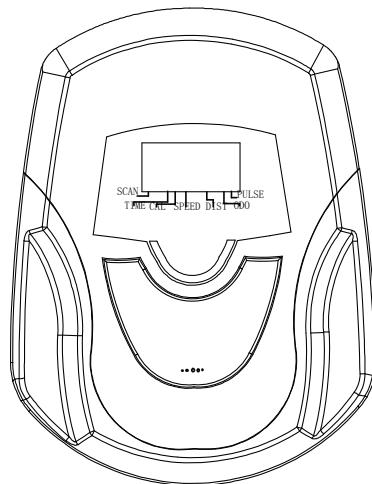
MUSCLE TONING

To tone muscle while on your **MAGNETIC ELLIPTICAL STRIDER** you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

EXERCISE COMPUTER



Functions and Operations

1. Batteries Installation

Please install 1 pieces of AAA 1.5V batteries in the battery case on the back of monitor.
(Whenever Batteries are removed, all the functions values will be reset to zero.)

2. Auto On/Off

While the user starts to do exercise, the Display will show out the workout value automatically. Once stop exercising over 256 sec, the Display will turn off, and all the function values will be held. While user starts exercise again, the monitor will be wake up.

** Press the button for 2 seconds, all the function value except Odometer will be reset to zero.

3. Auto Scan

After the monitor is power on or press the button, the LCD will display all functions values from Time- Calories- Speed - Distance -Odometer- Pulse. Each value will be held for 6 seconds.

4. Speed

Display the current training speed from 0.0 to 999.9 KPH or MPH. User also can press the button to display the Speed value.

5. Distance

Display the trip distance from 0.0 to 999.9 Km or Mile. User also can press the button to display the distance value.

6. Time

Display the workout time from 00:00 to 99:59. User also can press the button to display the workout time value.

7. Calories

Display the calories consumption during training from 0.0 to 9999. User also can press the button to display the calories consumption value.

8. Odometer

Display the total accumulated distance from 0.0 to 999.9. User also can press the button to display the Odometer value.

9. Pulse

Display the current heart rate in beats per minute.

10. Reset

Press the button for 2 seconds, all the function value except Odometer will be reset to zero.

Note:

1. If the computer displays abnormally, please re-install the battery and try again.
2. Battery Spec: 1.5V AAA (1PCS).
3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4. **WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately”.**

TROUBLE SHOOTING:

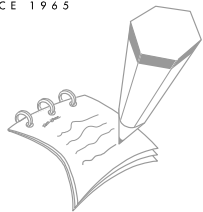
1. **Change the battery.** To change the computer battery, please slide the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with AAA batteries. Finally put the cover back on the console, and slide the computer back on the computer holder.
2. **Computer not working correctly.** If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer. When you have checked the above, and the computer still not working, then please make sure the batteries are installed correctly in the computer and that the batteries are still working.
3. **No resistance.** If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable.

MAINTENANCE

1. Before using the bike, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste, please dispose of it correctly, and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer, and dispose separately as hazardous waste.

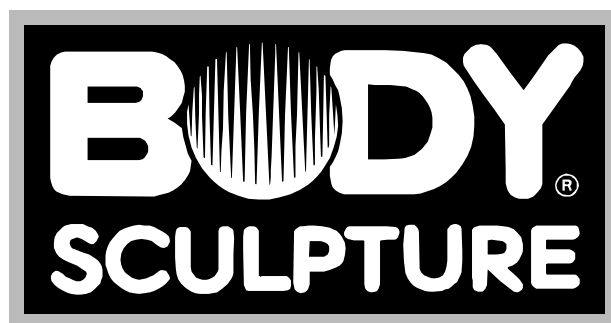
BATTERY DISPOSAL

1. A spent battery is hazardous waste - please dispose of it correctly and do not throw it in the trash.
2. When you eventually want to scrap the machine, you should remove the batteries from the computer, and dispose of them separately as hazardous waste.
3. Keep batteries out of the reach of small children. Batteries are extremely dangerous when swallowed. If a battery has been swallowed, seek immediate medical treatment.



EXERCISE NOTES

Use this space to record your own exercise routine results.



S I N C E 1 9 6 5